

Mindful Leadership

Grow your Capacity for Centred Leadership and Improved Performance

“You can’t lead others until you know how to lead yourself,” according to Peter Drucker. The benefits of self-leadership have been recognized by pioneering organizations like Google, Facebook and Apple, which have implemented mindfulness programs to enhance their productivity, innovation and talent retention.

This program explores mindfulness as a means for growing your capacity as a centred leader. Explore mindfulness skills to improve your personal effectiveness and well-being, the satisfaction and engagement of your team, and organizational results. Sharpen your emotional intelligence and remain calm under stress. Open pathways to innovation, and focus your mind to think more strategically.

Takeaways

- Understand the role of mindfulness in effective leadership and management
- Learn the neurobiological impact of mindfulness training on specific brain areas
- Become more self-aware and engaged
- Experience, practice and learn mindfulness skills
- Identify and explore ways to apply these skills in your professional roles
- Focus and remain present, regardless of circumstances
- Regulate your emotions under stressful conditions
- Conduct mindful meetings that increase trust, productivity and impact
- Apply mindfulness to all aspects of your day and responsibilities

Audience

This program will benefit business professionals who wish to reduce stress, increase resilience, better manage themselves, and improve their performance by becoming more self-aware, engaged and effective as leaders.

Program Content

Mindfulness as Modern Practice

- The neuroscience of mindfulness, stress and emotion
- The benefits of mindfulness for the business leader and the organization

Mindfulness and the Strategic Leader

- The disciplines and practices of the mindful leader
- The role of mindfulness in strategic decision making and innovation
- Bringing mindfulness into the workplace and integrating it into company culture

Managing Yourself through Mindfulness

- Using mindfulness to increase your self-awareness and presence in the moment
- Awareness vs. auto-pilot: how to build focus and reduce distraction
- Stress management: responding to situations rather than reacting to them
- Enhancing your performance under pressure

Relationship Building

- Emotional contagion: the impact of stress within teams and organizations
- Improving relationships through emotional intelligence
- Compassion as a driving force in healthy relationships
- Mindfulness as a vehicle for increasing trust, commitment and motivation

Mindfulness Skills and Techniques

- Introduction and practice of mindfulness meditation
- Maintaining your practice

Special Feature

This interactive workshop includes applied exercises to help you build mindfulness and a centred leadership presence. You will leave the program with practical tools you can apply immediately to your work and life.

Program Leader

Dr. Alex Trisoglio is Adjunct Professor of Leadership and Organizational Behaviour at UBC Sauder School of Business. He is an executive coach and leadership adviser with extensive experience in leadership development, improving individual and team performance, and catalyzing organizational change. He is also trained in mindfulness-based stress reduction and self-compassion. His experience includes nineteen years advising senior leaders at McKinsey & Co. and four years working with the CEO and Management Team at IFC/The World Bank.

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